

## Lazy Owl seeks fountain of youth



The U of R Students' Union is considering opening the Owl to all ages.

Photo by Alex Soloducha

### Alex Soloducha

@alex\_soloducha

The Lazy Owl was first opened at the University of Regina in 1967. Since then, the campus bar, now better known as the Owl, has undergone many changes.

In the near future, there may be another shift as Devon Peters, University of Regina Students' Union (URSU) president, works to include underage students as patrons at the venue.

"We've been trying to create an all-ages atmosphere," said Peters. "We're trying to make the space more inclusive for all the students."

Peters said URSU is currently trying to get the Owl reclassified as a restaurant during the day. For the past six months they've been engaging in negotiations with Campus Security, which is the department in charge of permit-issuing at the university.

The Saskatchewan Liquor and Gaming Authority has legislation that Peters said will solve their

current dilemma. A restaurant can be awarded a tavern endorsement and a minor's endorsement. This means, according to the SLGA website, "minors may be present as non-drinking patrons during restricted hours or as employees in the main restaurant, patio, or banquet room". This only applies before 8 p.m. and minors may not buy or consume alcohol. As employees, they cannot participate in the sale of alcohol or handle it at any time.

"We've been unable to convince the University that similar principles could be applied to our venue," Peters said.

To accommodate students under the drinking age, at least half of the concerts so far this year have been held in the multipurpose room. They have had the doors between the multipurpose room and the Owl open for these events with security checking IDs of those entering the bar, according to Peters. Due to costs, he said this isn't a permanent solution.

"We're hoping to continue those discussions so that maybe moving forward, next year or down the road... we could offer all ages events in The Owl proper."

Peters refers to venues in Saskatoon such as The Odeon, which

**"We're trying to make the space more inclusive for all the students."**

holds all-ages events regularly. Wristbands for majority age individuals are used, along with other strategies.

A change in the student demographic, especially for those living on campus, has pushed this change, according to Peters. He estimates that as many of 700 students living on campus are underage, including one tower of 400 students that is completely underage and has been labeled a dry dorm.

"There's a significant part of our student population that's

17 or 18 years old," said Peters. "With more of them living on campus than ever, it's really important that we give those students a safe place to be in."

Because of this, Peters said they've been stepping up to the plate by providing more evening

**- Devon Peters**

programming.

"(We're) trying to fill that need because that's what a student's union is for, after all," he said.

Katie Mackenzie and her friend Nikiah Wood were having lunch at the Owl Wednesday afternoon. They were surprised by the possible change.

"It's kind of weird," said Mackenzie. "I'm guessing that's just to increase their sales because they're losing money every year."

"I think it would be a bad idea



# Mental health gets provincial spotlight

Megan Lacelle  
@lacelle\_megan

Kirstin Kuka has seen both sides of mental health services in the province. The 22-year-old was diagnosed with depression and anxiety at 19. Since then she's noticed flaws in the system.

Now the province is trying to develop a 10-year plan to fix these shortfalls.

"It got to the point that it got so bad that I had to wait to see a counsellor, I had to wait to see a psychologist and I just wound up in the emergency room," said Kuka, a fifth-year human justice student at the University of Regina. "I eventually got to the point where I needed help and I needed it now."

Her story isn't the first in Saskatchewan. David Nelson with the Saskatchewan Mental Health Association says people often wait months to get mental health services across the province.

This is one of the reasons the Saskatchewan Mental Health and Addictions Commission began a study of mental health services in the province. The commission will present its findings and recommendations to the government later this fall.

"Mental health and addiction issues have a significant impact on families, communities, the health care sector, social programs, and it also has economic consequences," said Judy Orthner, spokesperson for the action plan. She estimates one in every five Canadians is affected by mental health or addictions issues each year.

"The Ontario government suggested that every dollar spent in mental health and addiction treatments saves \$7 in further health costs and \$30 in lost productivity," she said. "Any type of health or addictions issue is very costly in terms of the emotional costs and in terms of productivity and health services."

The commission is headed by psychologist Fern Stockdale Winder out of Saskatoon. Stockdale Winder was unavailable for comment, but Orthner said her study focused on talking with those directly affected by mental health issues.

"The most important thing is any recommendations she's making are from what she's heard from families and services. It was about listening to the voices of those who have expe-



Photo by Megan Lacelle

Student Kirstin Kuka has seen both sides of the mental health system in Saskatchewan. She hopes the new action plan will lessen wait times and increase resources.

rience in the system," Orthner said. Stockdale Winder also met with 150 stakeholders, including everything from community groups to provincial associations in the field.

Nelson said it's a relief to see the province looking into an issue that has been a problem for five decades.

"We only put five per cent of our health budget in this province towards mental health. The average across Canada is seven and the recommendation from those in the know is that it should be about nine per cent," he said. "So we're really only putting in half of what we should be."

In Regina it can take months to see a psychiatrist, and even longer in rural areas. Nelson said this lack of service has bled into an institutional pitfall for those requiring help.

"You need to have been hospitalized twice in the last three years to be able to get on-going case management services. That's the absolute opposite of what you should be doing," he said.

"The equivalent we always say is, if you went to the emergency room and said, 'Jeeze, I've got chest pains' and I said, 'Well have you had two heart attacks in the last three years? Otherwise we can't help you.' People would think they were nuts, except that's kind of what we've built right into our system."

Kuka said she's seen people she works with wait up to six months to see a counsellor,

something that often leads to worsened symptoms.

"I would like to see them get more proactive on the frontline, get more counselling and more

resources," she said. "This is a step in the right direction, but they've got a long way to go."



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# Women slammed in gaming world



Photo by Kailey Guillemin

The gaming world is in a tizzy over ethical issues in gaming journalism.

## Kailey Guillemin

@KGuillemin

If you consider yourself a gamer, chances are you know what GamerGate is. If not, welcome to the biggest video game world controversy.

The controversy that rocked the gaming world started in August. Zoe Quinn, a game developer, was accused of trading sexual favours to get positive reviews from a game journalist. These allegations were brought forth by her ex-boyfriend.

GamerGate started off shining a light on ethical issues around gaming journalism. But some say it's more than that. Quinn is a known feminist and, to some, her being a woman is what is behind the backlash.

Leader-Post reporter Mark Melnychuk, who also blogs about video games, said it's not about the ethics anymore.

"It's almost gotten to be a joke about how people who follow the movement keep insisting it's about ethics in video game journalism and I think it's hard to argue that," he said.

Quinn has received numerous threats including death, along with supporters like Anita Sarkeesian, a feminist blogger who was forced to cancel a talk at

Utah State University over threats of a shooting. "If you kind of trace the history of how this exploded and how it started, a lot of it has to do with prominent women in the gaming industry," said Melnychuk.

"I've both received and seen my friends and colleagues receive harassment fuelled by the GamerGate movement over

**"It's frustrating to see that women who critique something that I believe is art, need to fear for their lives."**

**-Eden Rohatensky**

the past few months," said Eden Rohatensky, full stack developer at Vox Media. "This includes death threats, threats to loved ones, rape threats, and personal attacks."

"It's frustrating to see that women who critique something that I believe is art, need to fear for their lives," Rohatensky said, who has done her fair share of blogging about the gaming world.

"Women are coming in, they're asking for games that aren't what (male gamers) want to play and then women who are game developers are making (games)

for them," Melnychuk said. "Then people who are in game journalism are writing about them, talking about how great they are."

The video gaming world has drastically changed over the years as it is no longer just young men who play. According to the Entertainment Software Association, 48 per cent of gamers are women. A 2014 ESA report

started "women age 18 or older represent a significantly greater portion of the game playing population (30 per cent) than boys age 18 or younger (17 per cent)."

"I think a lot of it does have to do with Zoe Quinn and the fact that Zoe Quinn was a woman," Melnychuk said. "There still is a really, really a lot of sexism in the gaming culture."

"It's not just about Zoe Quinn... or Zoe Quinn's ex-boyfriend that slammed her in the post. I think it's really more about that these conversations taking place," said Roz Kelsey, University of Regina

instructor for kinesiology and health studies who was behind the "Man Up Against Violence" campaign last month.

Misogyny that happens in the gaming world is now being brought to light, according to Kelsey. More conversations are beginning to happen over the way women are represented and treated in the gaming world as the number of women gamers continue to rise.

"The main theory is (gamers) feel video game journalists...are in bed with feminists in the industry trying to change things, so I think they think game journalists are too close to these advocates for change in the industry," Melnychuk said.

"GamerGate is not about ethics in journalism," Rohatensky said. "It's about quieting those who want to see different races, genders and sexual identities represented in games. It's fuelled with hate."

"I think a lot of guys are used to it being like a boys' club," Melnychuk said. "I think (GamerGate is) something that will probably go away eventually as soon as people get used to the fact that women are out there who want to play video games."



# Regina’s GDP on the rise — for some

Kaitlyn Van De Woestyne  
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Regina is the richest city in Canada, according to a new Stats Canada study. The Metropolitan Gross Domestic Product: Experimental Estimates, 2001 to 2009, cites Regina’s GDP as \$65,404 per capita, higher than any other city in Canada. Since 2001, the Queen City’s Gross Domestic Product has jumped from sixth overall to first.

John Hopkins, chief executive officer of the Regina Chamber of Commerce, said this is good news for Regina.

“Generally speaking, it will lead to high tax levels and higher wage levels. It will improve people’s quality of life here.”

Statistics Canada defines GDP as “a measure of the value of output per person living in a metropolitan area.”

The study shows a trend of economic growth shifting to the Western provinces. Calgary and Edmonton round out the top three earners, with GDPs of \$61,246 and \$59,941. Saskatoon came in sixth with a GDP



Photo by Kaitlyn Van De Woestyne

A recent Statistics Canada survey says Regina’s GDP is the highest in the country.

indirect taxes on production-less subsidies.

Hopkins said the rising GDP will create more jobs and business opportunities in Regina. Although some problems, like high housing prices, can accompany a high GDP, he said the numbers are very positive for the city.

changed,” says Hopkins. However, Peter Gilmer of the Regina Anti-Poverty Ministry said not everyone is benefiting. While there is no doubt that there has been significant economic growth in the Queen City that wealth is being situated with the highest income earners. He said Regina’s

things are actually tougher in the midst of a period of significant wealth creation and economic boom than they were beforehand.” He said there has been some increase in social assistance in recent years, but with increased wealth now would be the ideal time to implement new initiatives.

“Generally speaking, it will lead to high tax levels and higher wage levels. It will improve people’s quality of life here.”

- John Hopkins

of \$49,213. Eastern provinces took a hit. Montreal’s share of the national GDP fell from 11.2 per cent in 2001 to 10.8 in 2009. Toronto’s GDP fell from 19.6 per cent to 18.6. The study took into account numbers from 20 goods and services-producing industries combining salary, supplementary labor income, mixed income, operating surplus and

Hopkins attributes the city’s growth to the expansion of potash mining, recent investment in the oil refinery, the Global Transportation Hub and Saskatchewan’s agriculture industry. “Agriculture has really turned the corner in term of being profitable again. For decades not a lot happened on the farm, but that’s dramatically

rising GDP is positive in that many of his clients are finding jobs, but it’s easy to forget about those who aren’t benefiting from the boom. “There is rising costs for basic necessities like housing, food and transportation, but if they are left on a fixed income or low wages it becomes harder to meet those needs. For many low income folks

Jack Boan, professor emeritus in economics at the University of Regina, said he appreciates that the study is titled experimental. While he said the numbers are hard evidence that Regina is growing rapidly, studies such as this one must extrapolate numbers to make up for the fact that they can’t track every transaction. “They have great difficulty sorting out an area as small as a city. So I think that’s good because these are just estimates.”

## Gross Domestic Product per capita, metropolitan areas (2009)

City	Rank	GDP/capita
Regina	1	\$65,404
Calgary	2	\$61,246
Edmonton	3	\$59,941
Ottawa-Gatineau	4	\$55,506
St. John’s	5	\$49,844
Saskatoon	6	\$49,213



# Struggle just beginning in Burkina Faso

Jason Kerr  
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The continent of Africa has seen more than its share of military takeovers, and experts are cautiously watching the latest one in Burkina Faso.

The land-locked francophone country of 17.4 million made headlines in October when long-time president Blaise Compaoré was overthrown after attempting to make changes to the constitution. The new laws would have eliminated all presidential term limits. Instead they triggered the country's first coup since 1987.

However, in a continent that still struggles with poverty, low literacy levels and high rates of corruption, there is hope that Burkina Faso can be a light for the rest of the continent.

"It's encouraging because I hope other civil societies and the general population will see what has happened," said Joseph Mburu, a University of Regina international studies professor who specializes in African issues. "They will be happy there has not been a bloodbath."

That's not to say it's been perfect. Protestors burned down the parliament buildings in Ouagadougou and instigated some minor looting. Some protestors were also killed by police and army personnel, but overall Mburu said he's pleased to see things didn't escalate.

"I'm happy with the police in Burkina Faso, and the army, that they did not really go on the streets and start killing people," he said. "There were people who were killed, yes, but not that



Photo by Jason Kerr

U of R professor Joseph Mburu is optimistic, but cautious about recent developments.

up to dictators and presidents who overstay their welcome, Mburu said he thought Compaoré would be smarter, especially after similar amendments failed in other African nations.

"What Compaoré ought to have learned is that extending his term of government, par-

Spring" or whether it's a onetime event that will eventually fade away. Mburu said that's entirely in the military's hands. The country's military leaders quickly moved in to maintain order and fill the power vacuum. However, despite meetings in November between top military officials

Mburu said it's up to the army to relinquish power, something they should have done a long time ago. According to Burkina Faso's constitution, the leader of the senate is supposed to take over in the absence of the president. Mburu also thinks key regional powers like the United States and France should put on pressure, as should aid-donating countries like Canada, which sent \$37.22 million to Burkina Faso in 2011-12.

However, in the end it comes down to the people. Poverty makes it difficult to organize elections and political campaigns, since most are simply looking to put food on their tables. It's important that they do, since Mburu worries their struggle is only just beginning.

"Given the history of Burkina Faso as a country, and the rest of Africa, whenever the military has come to power, there is no example I can give where they handed over power within the stability period and that might be problematic."

**"What Compaoré ought to have learned is that extending his term of government, particularly his own regime, was unwelcome. He would have know what happened in Malawi, or what happened in Zambia."**

Joseph Mburu

many. Of course the death of even one person is painful, but considering what has been happening in other countries, you feel that the security forces acted with significant restraint. That was encouraging."

However, Mburu said the biggest surprise was that Compaoré tried to stay at all. In an era where average Africans are becoming bolder about standing

particularly his own regime, was unwelcome. You would have known what happened in Malawi, or what happened in Zambia for example. In both countries those leaders tried to extend their duration and people were opposed, but surprisingly he did not take note of that, leading to this mass uprising."

So now the question is whether this event will start an "African

and African Union president Abdel Aziz, the situation is still far from settled.

"It's not very clear how things are going to unfold. There might be pressure from the Africa Union, but again, that has not given good results (in the past). The African Union tried with the Ivory Coast, it's tried with Madagascar and several other places, like in Libya. It has not helped."



# Winter woes not stopping cyclists



Photo by Rikkeal Bohmann

The bike rack outside of the U of R's Riddell Centre is full, even with snow on the ground.

**Rikkeal Bohmann**  
@RikkealBohmann

"I put on my ski pants and I feel invincible," said John Klein, an avid cyclist in Regina.

Klein throws on a tuque before buckling on his helmet over top, grabs his coat, puts on his gloves, ties his scarf, pulls on his ski pants, jumps on his bike and starts pedaling – slowly. Cycling in the winter in Regina isn't easy.

"Go slow and stay slow if you don't know what the road conditions are," Klein said.

He sticks to the cleared sidewalks or wherever snow is packed enough to ride over. Sometimes, if the sidewalks haven't been shoveled in residential areas, he ends up walking his bike.

"If you go through deep snow, even like half a foot, then you end up slogging through it and it feels like skiing," he said.

While cycling, he slows down at intersections, jumping off his bike to cross when traffic is heavy.

Klein's commutes tend to be within 15 minutes, so he can handle the cold when he bikes during the winter.

"Usually, I'm cycling out of necessity, because I don't have a car at home typically, and if the bus won't get me there on time," said Klein.

Because cycling in the winter isn't the easiest, it definitely re-

quires preparation. Before leaving, Klein always prepares his route. In the winter this is even more important, considering the amount of snow that could be covering pathways and lanes.

There are different options available to make cycling easier in the winter. Studded tires have more traction for the ice and snow.

"As soon as you take a turn or you're in a rough patch, (there's a) way higher chance of losing

"(People) use the words, 'You're crazy' or, 'That's crazy' to describe winter cycling. And, it really isn't crazy - actually, much less crazy than pushing a button to run a gasoline engine for 10 minutes when you're not even in the vehicle going anywhere."

control and causing a crash (not having studded tires)," said Dane Stennes, the bicycle department manager at Western Cycle Source for Sports.

Another option gaining popularity are fat bikes, a purpose-built bike with tires that are about four to five inches wide – about double the size of the average tire for a mountain bike. They can ride in deeper snow than a normal bicycle. The large tires act like snowshoes for the bike.

There are even special gloves made for cyclists called bar mitts. These pocket-like mitts attach to bike handles so cyclists can easily brake and shift, and

still wear lighter mittens inside them.

Bikes also take a bigger beating in the winter. A thicker lube for the chain is good, because it won't wash off as easily from the melting snow. Stennes said it's especially important to pay more attention to bike maintenance in the winter. Taking the time to clean and dry the bike after riding can be huge in preventing rust.

Stennes said the majority of

48 hours of a storm event.

Not all park pathways are cleared in Regina. Multi-use pathways, such as along the storm channels through Harbour Landing, high-use pathways and paths that connect to multi-use pathways are cleared weekdays after a snowfall, though. But, for Stennes, riding his bike in the winter mornings can be a great start to his day.

"It's kind of fun. It's definitely refreshing to get out and leave

-John Klein

the car at home and start the day outside with some fresh air," he said.

And, considering how long people warm up their vehicles in the winter, cycling can save time and is better for the environment, Klein said.

"(People) use the words, 'You're crazy' or, 'That's crazy' to describe winter cycling. And, it really isn't crazy - actually, much less crazy than pushing a button to run a gasoline engine for 10 minutes when you're not even in the vehicle going anywhere," he said. "Winter cycling doesn't kill the earth."

people biking in the winter are urban commuters, going to work. Other than winterizing their bikes and staying warm, one of their biggest challenges is sharing the road with other drivers, because of the amount of snow.

Clearing that snow often follows a different schedule than commuters. The City of Regina puts the city's bike lanes into three categories. Category 1 includes McCarthy Boulevard and Wascana Parkway. These roads get cleared within 24 hours of a storm event. Category 2 consists of Assiniboine Avenue that is ploughed within 36 hours. Lorne and Smith Street are Category 3 lanes; they are ploughed within



# NaNoWriMo: A novel idea for November

Khang Nguyen  
@KhangVNguyen

Darcy Summers has around 11,000 words written of her 50 Shades of Grey parody. She's 39,000 words away from the 50,000-word goal, but she still has half the month to go.

Throughout the month of November, writers like Summers will be racing against time to reach the 50,000 word count before midnight, Nov. 30.

National Novel Writing Month, or more sweetly known by its acronym NaNoWriMo, started in

Write-ins are hosted twice a week. Besides giving participants a time to boost their word counts, they also act as writing workshops. Local authors such as Melanie Schnell, Marie Powell, and Gail Bowen have dropped in to give some inspiration and join in on the writing fun.

"Having write-ins really helps because everyone gets together and you have that extra motivation,"

Summers said. "I have to get my words in, I have to keep going, I have all these people rooting for me, and it's all good

rently 5,577 words into what she calls a "supernatural" novel.

"I want to write. I love writing, but it's very hard to sit down for an hour and just write," she said. "With NaNo, there is that accountability. You have a whole forum of people who are working at the same goal you are, and because we have these write-ins you also have that two hours that is just for this, and everyone else is putting in these two hours just for this."

Saskatchewan Writers' Guild program assistant and first time NaNoWriMo participant Caelan

say that I probably won't reach the goal, but my new goal is to get at least 25,000 words," he said. "Most people who start this don't have a plan, but it's more about just getting words on the paper and the practice of writing."

"I've never won. I've failed five times, and this is my sixth time, but I've had a blast every time," said Workman. "I think the biggest thing is to not be afraid to do it... It's not that scary, and most of us fail. A lot of us go into it not intending to hit the goal, but to just come in and do some



Photo by Khang Nguyen

Participating in her sixth NaNoWriMo, Sam Workman joins weekly write-ins at the Saskatchewan Writers' Guild office.

1999 with a group of 21 writers in California. The phenomenon has grown every year since, with last year's total number of participants over the 300,000 mark.

Summers, a six-year NaNo veteran, is in her second year as the NaNoWriMo municipal liaison for Regina. She said that involvement with the international writing project is at an all-time high in the city.

"There are 90 people signed up in Regina. Twelve to 17 people also come to our weekly write-ins... last year the most we ever had was eight," said Summers.

fun. It's a good way to write with other people instead of alone in the room in the dark."

Write-ins have given the motivation and time for Sam Workman to reach her daily word goal of 1,667.

"To accomplish the goal you have to write 1,667 words a day, but I'm willing to admit that I'm not going to do that...I set the goal of going to every write-in I can, and writing at least 1,667 words every time. In an ideal world, every day I would write at least 2,000 words."

Workman is participating in her sixth NaNoWriMo. She's cur-

Reilly is at 5,000 words on his novel.

"I'm one of the newbies at it. I've always enjoyed writing, but I haven't attempted anything this long," he said.

"I didn't have a novel in mind until two days before the start of November. Now I've just been flying by the seat of my pants, and just making it up as I go."

Reilly says that it has been more difficult than he thought to write every day, but his goal isn't to reach the 50,000 word count. He says many other participants don't have this goal, either.

"I'm going to be humble and

writing."

Summers has reached the word count twice since 2008, but is currently 10,000 words behind the pace she needs to reach 50,000 words.

"It's just a good excuse to spend at least one month of the year getting it out of my system... first drafts are always terrible no matter what. You're going to be tearing it apart anyways. What is more important is getting the words on the page and getting you started, which is something a lot of people need the motivation to do and NaNo helps with that."



# Owl

from page 1

in the sense that it would be easier for the minors to get access to alcohol," said Wood. "Like, it would just be easy for someone just to hand a beer to them."

"But if you're looking at it in a business sense, then yeah, it would definitely bring money to the Owl and increase the profit."

Jason Szarkowicz said he thinks it could be successful.

"I've seen it done elsewhere, like at the Exchange, and it seems to work fairly well," he said. "It allows more people to come in to the area."

"Obviously there should be times when it's older-only like if

they have specific events, kind of thing, but if it's a general event I think it's a good idea."

Clark May agreed.

"That would be okay because you've got a lot of university students who aren't of age yet so I'd have no problem with that."

The Owl first obtained a full-time liquor license in 1983. Then-manager Mike Burns said they had a choice between making it a private club, with the option for underage attendance, or a full-time bar.

Up until that year they used special occasion permits to host events. Three times a week, the maximum number, they would serve alcohol with Saturday nights being labeled as "pub nights." Thursday nights featured

live bands and no underage patrons were permitted.

"It was an alternative to the night clubs in the city," said Burns.

He said it had a different atmosphere than other clubs. They even had hookah pipes on the tables sometimes.

"It was a den of iniquity you could say," said Burns.

Burns still remembers people sneaking into the university pub underage when he was attended the university, but he doesn't think it's a place for minors.

"I don't think it's really in the mandate of the university to look for more options for people under 19 to find a way to drink," he said. "There are plenty (of opportunities) as it is so I don't really

think it's in their best interest, or the Students' Union's best interest, to create an atmosphere for more liquor to be given to kids."

His advice? Setting up more all-ages concerts, and possibly looking at other venues to host. He said in the past, the Students' Union used the Education Auditorium as well as Darke Hall, at the College Avenue campus.

"A lot of people don't mind not being able to drink at a show... if it's a really good show," said Burns.

The age of majority in Saskatchewan is 19. SLGA could not be reached for comment. University of Regina Security director Pat Patton said she has not been approached on the issue.

## Graduating this year?

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## Have your say

We asked how you felt about the Owl changing its license to allow minors.

**Anthony Nguyen, 22**

"I agree with that...the more people you can get in, the better."



**Kamille Teichreb, 17**

"If you're not 19 yet, there's nowhere to go ... It's hard to make friends in lectures. I feel like at the Owl it would be easier to make friends."

**Heather Hinks, 18**

"The U of R is really promoting meeting new people, making new friends, but if they are limiting that space for certain people, you can't go in there and make new friends in that relaxed atmosphere."



Keep the conversation going by tweeting us at @INKupdate.